

Training

Training in Units

9-1. Overview

This chapter prescribes policies and procedures for the Army Physical Fitness Program.

9-2. Program implementation

a. Office of the Deputy Chief of Staff for Operations and Plans establishes policy governing the Army Physical Fitness Program.

b. Office of the Deputy Chief of Staff for Personnel --

(1) Provides policy guidance for the Army Health Promotion Program, which encompasses a variety of activities to improve and protect health.

(2) Promotes the use of incentive awards to encourage maximum levels of fitness and health.

(3) Provides policy guidance on the Army Body Composition/Weight Control Program, the Army Alcohol and Drug Abuse Program, and the Tobacco Cessation Program.

c. Office of The Surgeon General --

(1) Provides guidance and advice in all medical, physiological, and health areas related to physical fitness. These areas will include nutrition, weight standards, stress management, injury prevention, control of substance abuse, smoking cessation, and the identification and modification of cardiovascular risk factors.

(2) Provides support for and conducts medical research in physical fitness to include the physiology of exercise, work performance, injury prevention, soldier performance, nutrition, and other medically related areas.

(3) Manages the Cardiovascular Screening Program for all personnel age 40 or older. Individualized exercise prescriptions for those soldiers who have been sedentary or who have cardiovascular risk factors will be provided by the physician performing the CVSP.

(4) Coordinates all pertinent information related to physical training with Office of the DCSOPS.

d. National Guard Bureau prescribes appropriate policy and programs for physical fitness in the Army National Guard and encourages State adjutants general to develop programs that ensure compliance with these regulations.

e. U.S. Army Community and Family Support Center ensures the Army's sports and recreational programs and facilities support physical fitness objectives.

f. TRADOC --

(1) Maintains a school to develop and field the Army's physical fitness doctrine, training, education programs, and performance standards.

(2) Acts as proponent for coordinating, publishing, and issuing all physical fitness training doctrine and aids to support the Army Physical Fitness Program.

(3) Conducts training for master fitness trainers when resourced by HQDA.

(4) Approves all programs of instruction for training conducted by the Army Physical Fitness School.

(5) Ensures record APFT is part of leader development school programs of PLDC, BNCOC, ANCO, Battle Staff NCO Course, First Sergeant Course (FSC), Sergeant Major Course (SMC), Senior Warrant Officer Training (SWOT), Officer Basic Course (OBC), Officer Advanced Course (OAC), Combined Arms and Services Staff School (CAS3), and Command and General Staff Officer Course (CGSOC).

(6) Conducts research and assistance visits at units and installations Army-wide, as directed by ODCSOPS, to provide recommendations for improvement of total fitness in the Army.

(7) Coordinates the inclusion of related programs into physical fitness training and educational programs when appropriate. These programs include the following:

(a) The Army Sports Program. (See AR 215-1.)

(b) The Army Composition/Weight Control Program. (See AR 600-9.)

(c) The Army Alcohol and Drug Abuse Program. (See AR 600-85.)

(d) Nutritional standards. (See AR 40-25.)

(e) The Army Health Promotion Program. (See AR 600-63.)

(8) Provides educational programs in physical fitness for use in Army professional development courses (resident and nonresident).

(9) Develops challenging, safe, and effective physical training programs for use in both the training base and units.

(10) Maintains statistical data on the physical fitness performance of soldiers in initial entry training (IET) and military personnel in resident training courses and develops reporting systems as appropriate.

(11) Develops and maintains an appropriate Army data base to monitor the physical fitness test scores of officers, warrant officers, and enlisted personnel by age and sex category.

g. AMC maintains statistical data on the physical fitness test scores of military personnel in AMC resident training courses.

h. Academy of Health Sciences maintains statistical data on the physical fitness test scores of soldiers in medical advanced individual training (AIT) courses of instruction and military personnel in resident courses or other training programs.

i. Army War College --

(1) Conducts applied fitness research relating to the health and fitness of senior (40 and over) military personnel.

(2) Conducts fitness educational and training programs for Army War College personnel, to include conducting the record Army physical fitness test (APFT) for students, as required.

(3) Initiates, coordinates, monitors, and summarizes applied field research in physical fitness as directed by ODCSOPS.

(4) Monitors, assimilates, and transposes for Army use physical fitness related research conducted in the civilian community.

(5) Evaluates new techniques and concepts for potential use or incorporation into Army doctrine and programs.

(6) Provides TRADOC with technical support and backup relating to applied physical fitness research.

(7) Ensures all research is coordinated with the Army Medical Research Command and the U.S. Army Physical Fitness School.

j. Office of the Chief, Army Reserve in coordination with FORSCOM, USARPAC, USARSO, USAREUR, USASOC, and ARPERCEN prescribes appropriate policy and programs for physical fitness in the U.S. Army Reserve according to the provisions of this regulation.

k. Major Army commands implement the policy and procedures outlined in this regulation.

l. United States Military Academy --

(1) Provides ODCSOPS technical advice based upon research and programs conducted with the Corps of Cadets.

(2) Conducts TRADOC-approved Master Fitness Trainer Program.

9-3. Objective

The objective of the Army Physical Fitness Program is to enhance combat readiness by developing and sustaining a high level of physical fitness in soldiers as measured by the following criteria:

a. Cardiorespiratory endurance.

b. Muscular strength and endurance.

c. Flexibility.

d. Anaerobic conditioning.

e. Competitive spirit, the will to win, and unit cohesion.

f. Self-discipline.

g. Body fat composition as prescribed by AR 600-9.

h. A healthy lifestyle that includes good nutrition, avoidance of smoking, and avoidance of drug use.

i. Ability to cope with psychological stress.

9-4. Physical fitness policy

a. Physical fitness policy applies Army-wide. It includes all soldiers, all functional branches, all units, and all operating agencies.

b. Physical fitness provides a foundation for combat readiness and must be an integral part of every soldier's life. Unit readiness begins with the physical fitness of soldiers and the noncommissioned officers and officers who lead them. All officers and noncommissioned officers responsible for planning, conducting, and evaluating physical training and testing will be familiar with the principles, procedures, and guidelines in FM 21-20, the Army's official doctrinal publication for training and testing physical fitness.

c. Commanders and supervisors will establish and conduct physical fitness programs consistent with this regulation, FM 21-20, and unit missions. Exercise periods will be conducted with sufficient intensity, frequency, and duration to maintain adequate

cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

d. Soldiers are expected to meet the standards set forth in this regulation and FM 21-20. Soldiers who are unable to meet physical fitness testing standards or the mission-related physical fitness standards required of their units may be subjected to administrative action.

9-5. Physical fitness training policy

a. All personnel in the active Army, the ARNG, and the USAR will take part in either collective or individual physical fitness training programs year-round. Active Army units, individuals, and full-time Guardsman and Reservists will conduct regularly scheduled (at least 3 to 5 times per week) vigorous physical fitness training during the unit's normal duty-day (the duty-day is determined by installation commanders).

b. ARNG and USAR commanders incorporate mission and readiness-enhancement physical fitness training into appropriate inactive duty training periods.

c. Personnel will be excused from physical fitness training only during periods of temporary or permanent medical limitations established according to AR 40-501. Personnel who cannot take part in physical fitness training because of a valid profiled condition will be placed in rehabilitative programs, designed by health care personnel within profile guidelines, and supervised by the commander.

d. All soldiers age 40 and over will be evaluated for coronary heart disease risk factors as part of their periodic physical examination. The medical procedures for the Cardiovascular Screening Program are outlined in AR 40-501. It is the soldier's responsibility to ensure that the CVSP is conducted in a timely manner, as close to the 40th birthday as possible, and as promptly as medical facilities permit.

e. All AC lieutenant colonel and colonel command selects and Command Sergeant Major (CSM) designees, regardless of age, must be cleared by a CVSP, meet body fat standards set forth in AR 600-9, and pass the APFT before assuming command or assignment to a CSM position. A CVSP clearance granted during the soldier's last periodic physical examination is considered sufficient to meet the CVSP requirement.

9-6. Procedures in units

a. As a first priority, commanders will conduct physical fitness programs that enhance soldiers' ability to complete critical soldier or leader tasks that support the unit's METL. Preparation for the APFT is of secondary importance. Maintenance of the military skills listed below will also be emphasized.

(1) Agility, to include fast movement in enclosed spaces (sprinting and lateral movement).

(2) Balance and controlling fear of heights.

(3) Vaulting, jumping, and landing correctly.

(4) Forced marching with loads, to include cross-country movement.

(5) Strength development activities such as rope climbing, pull ups, and resistance exercises.

(6) Crawling.

(7) Negotiation of natural and man-made obstacles (confidence and obstacle courses).

b. Commanders may establish unit APFT standards which exceed Army minimum standards; however, the standards must be able to be achieved safely through the use of normal training time and adherence to the principles of conditioning outlined in FM 21-20. Personnel who meet Army minimum standards, but fail to meet unit standards, may not be punished or disciplined; however, they may be candidates for special programs (see d below) which focus on overcoming weakness. Commanders who establish higher standards should do so because their unit missions require soldiers to be more than minimally fit. Like units with identical missions (companies within battalions, battalions within brigades) should have similar standards. Care should be taken by the chain of command to ensure unit standards do not arbitrarily replace the Army standards.

c. Physical performance requirements are inherent in many of the tasks listed in the soldier's manual for each MOS. The ability to perform essential MOS physical job tasks is one of the criteria for

graduation from IET. Soldiers in units must maintain physical fitness proficiency as part of their overall MOS proficiency.

d. Special programs are appropriate for soldiers who have difficulty meeting unit or Army standards. Such programs will not be punitive in nature; they must be designed to build up soldiers, not tear them down. (Additional conditioning is not a substitute for smart, tailored conditioning.) Special programs will also be designed to meet individual needs to overcome specific weaknesses (such as aerobic or strength deficiency). In addition, they should encourage healthy lifestyle behavior.

e. Special physical fitness programs will be tailored according to FM 21-20 and kept separate and distinct from the Army Body Composition/Weight Control Program, except for the exercise programs prescribed to assist soldiers with weight control problems. It is intended that commanders avoid placing all soldiers that exceed body fat standards or have fitness problems into the same category with the expectation that more exercise will automatically result in decreased body fat. A soldier who exceeds body fat standards may be able to pass the APFT, while a very thin soldier may be unable to pass the APFT. One special program for both soldiers is obviously not appropriate. Special programs will be employed to the greatest extent possible for soldiers with physical fitness problems. These programs will not be used to discipline soldiers who may have attitude problems toward physical exercise. Master fitness trainers, if available, should be used to develop special programs.

f. Competitive, intramural sports programs should complement unit physical fitness programs and be used to build esprit de corps, teamwork, and morale. Unit sports activities, however, must be rigorous enough to develop some or all of the physical fitness components outlined in paragraph 9-3 to be of benefit. They should not be substituted for a formal program of physical conditioning.

g. The following provides general guidance for safe and sound physical exercise. Any aerobic activity which results in soldiers maintaining their training heart rate, as described in FM 21-20, chapter 2, for a minimum of 20 minutes, 3 to 5 times per week, is adequate to maintain cardiorespiratory fitness. The intensity of each cardiorespiratory exercise session should be adjusted based on the training objective for that session. Physical training aimed at improving a soldier's muscular strength and endurance should consist of multiple sets of timed exercises. Exercises are continued until temporary muscle failure (until the individual cannot complete another correct repetition). Muscular strength and endurance sessions should be conducted a minimum of 3 times per week. Detailed guidance is provided in FM 21-20, chapter 3.

h. FM 21-20 outlines various types of programs for units with different missions. Commanders should make every effort to design and tailor programs according to what their soldiers may be expected to do in combat. Running has always been regarded as one of the best aerobic activities; however, unless running programs are balanced with strength, muscular endurance, and load bearing exercise, or exercise related to the unit mission, they are inadequate. Road marches with combat loads are excellent conditioners, as are pull-ups, obstacle courses, and other traditional soldier fitness activities. Conditioning for combat readiness must be the focus of all Army physical fitness programs.

i. Physiological differences, as well as unit and individual missions, must be considered when designing programs involving soldiers of both sexes. Despite the level of conditioning, cardiorespiratory and muscular strength differences between men and women are significant. For example, women generally have to exert more effort to maintain the same pace or to do the same amount of work as men. Commanders will practice the principles outlined in FM 21-20 and apply them to maximize unit and individual soldier development. Soldiers who are pregnant or who are recovering from childbirth will not participate in unit physical fitness programs or testing until cleared by their physician or physician's assistant.

j. Commanders should use FM 21-20, DA Pam 350-15, DA Pam 350-18, DA Pam 50-21, and DA Pam 350-22 to help develop programs for soldiers. These publications provide excellent material to design and tailor programs for soldiers in all kinds of assignments.

k. Master fitness trainers are soldiers who have completed an approved master fitness training course or a special program at the United States Military Academy. These soldiers have received intensive training in scientific elements of physical fitness and will be

used by commanders as special staff assistants to design and maintain unit programs.

9-7. Procedures for individual programs

a. In certain duty assignments (for example, staff or shift work) and in the ARNG and USAR, highly structured, collective programs are not always practical. Therefore, individually scheduled personal fitness programs should be emphasized and time during the duty day authorized for workouts. RC commanders and supervisors will encourage physical fitness programs for their soldiers during nonduty hours to the greatest extent possible. Guidelines for individual programs are outlined in FM 21-20.

b. All soldiers must maintain a minimum level of overall physical fitness despite job position. Commanders and supervisors will provide adequate time during the duty day, or during shift work, if appropriate and possible, to allow soldiers to maintain a vigorous physical fitness program. As a minimum, such a program will allow for at least 30 minutes of intense exercise at least 3 times per week, plus adequate time for changing, showers, and recovery.

9-8. Physical fitness testing procedures

The purpose of physical fitness testing is to give soldiers an incentive to stay in good physical condition and allow commanders a means of assessing the general fitness levels of their units.

a. Physical fitness testing will not form the foundation of unit or individual fitness programs; it is simply one element of a total program. Fitness testing is designed to ensure the maintenance of a base level of physical fitness essential for every soldier in the Army, regardless of MOS or duty assignment. Unit programs must be designed to take this base level of conditioning and raise it to help meet or exceed mission-related physical performance tasks.

b. TRADOC develops physical fitness test standards and ODCSOPS approves them. The APFT provides a measure of cardiorespiratory and upper and lower body muscular endurance. It is a performance test that indicates a soldier's ability to perform physically and handle his or her own body weight. Standards are adjusted for age and physiological difference between men and women. The APFT consists of push-ups, sit-ups, and a 2-mile run, done in that order on the same day. For profiled soldiers, a record test must include an aerobic event. The only approved aerobic events are the 2-mile run, 800-yard swim, 6.2-mile bike ride (stationary or track), or the 2.5-mile walk. Testing is prescribed for all soldiers as follows:

(1) The intent of the APFT in the Army Physical Fitness Program is to provide an assessment of the physical fitness training program. Temporary training periods solely devoted toward meeting APFT requirements are discouraged. Active Army soldiers and Active Guard/Reserve will take the APFT at least twice each year with a minimum of 4 months separating record tests, if only two record tests are given.

(2) Commanders may administer the APFT as often as they wish (for record or practice); however, they must specify beforehand when the results are for record purposes. Intent is for physical fitness programs to sustain adequate physical fitness. Accordingly, all soldiers (active, Guard, and Reserve) should be able to take and pass the APFT at any time. The APFT is the commander's tool for measuring minimum physical fitness. He may use that tool as often as necessary to ensure the unit is maintaining minimum physical fitness standards.

(3) Personnel with medical profiles that preclude taking the push-up or sit-up event, or both, will take the remaining events, if a physician or physician's assistant approves. The 2-mile run event, however, or an approved alternate test event as outlined in FM 21-20, must be taken if the test is to count for record. The alternate test is primarily designed for soldiers with permanent physical profiles which preclude them from taking the 2-mile run; however, soldiers with temporary profiles of long duration (more than 3 months) may also take an alternate test if approved by the commander after input from health care personnel. Alternate test events and their administration are outlined in FM 21-20. Soldiers must be given 3 months to prepare for the alternate test from either the date of the profile or the date recommended by health care personnel.

(4) Soldiers who fail a record APFT for the first time or fail to take the APFT within the required period will be flagged according to AR 600-8-2. In the event of a record test failure, commanders may

allow soldiers to retake the test as soon as the soldier and the commander feel the soldier is ready. Soldiers without a medical profile will be retested not later than 3 months following the initial APFT failure. RC soldiers, not on active duty and without a medical profile, will be tested no later than 6 months following the initial APFT failure.

(5) Personnel who initially fail the CVSP and are subsequently cleared, will have no more than 179 days of conditioning prior to the requirement to successfully meet the standards of a record APFT.

(6) All soldiers must attain a score of at least 60 points on each test event and an overall score of at least 180 points. Three exceptions are listed below.

(a) Soldiers medically excused from an APFT event or events must attain an APFT score of GO, 60, or 120 points depending on the number of APFT events tested.

(b) Soldiers in basic training must attain 50 points on each event and an overall score of 150, or a score as determined by ODCSOPS in coordination with TRADOC. (This exception does not apply to advanced individual training, one station unit training (OSUT), or leader development schools listed in paragraph 9-2f(5).)

(c) Soldiers awaiting IET may be tested but no formal record of their score will be maintained.

(7) Soldiers in IET will be tested near the end of the course to qualify for completion of basic training, AIT, OSUT, and one station training.

(8) Officer and warrant officer candidates in precommissioning training and officers and warrant officers in initial training courses, such as officer basic courses, will be tested at least once (near the end of their course) and must pass the test to graduate.

(9) Officers, warrant officers, and enlisted personnel attending the following leader development courses must take and pass the APFT in order to graduate: PLDC, BNCOC, ANCO, FSC, SMC, SWOT, OBC, OAC, CAS3, CGSOC, and AWC. Other courses, with DA approval, may require passing the APFT for either enrollment or graduation.

(10) Personnel in joint, North Atlantic Treaty Organization, Office of the Secretary of Defense, and all other staff assignments are subject to, and will take, the APFT. The senior Army soldier in the organization will conduct the APFT and ensure inclusion of scores in records and performance reports.

(11) ARNG personnel and members of USAR troop program units (TPUs) will take the APFT at least once a year. If only one record test is taken each year, at least 8 months will elapse between record tests, except for make-up testing and retesting of those who failed the test. Retesting will be done according to (4) above.

(12) IMA and IRR soldiers who are on tours of active duty for annual training, active duty training, or active duty special work will be administered the APFT when they are placed on tours of duty 12 or more days in length. The test will be administered to IRR members normally once each year, except for those who failed the test; they will be retested according to (4) above. Members of the IRR and USAR TPUs on extended active duty to fill Army vacancies will comply with para 9-8b(1) above. The commander of the unit or agency to which the IRR member is attached for duty will administer the APFT. Individuals assigned to individual mobilization augmentee positions will comply with policies and programs directed by their assigned commander. All commanders may use the APFT as a diagnostic tool to assess their units at any time; however, they will provide reasonable advance notice to soldiers when an APFT will be administered for record purposes. Soldiers on active duty must comply with policy provisions of this chapter no matter what their status was prior to coming on active duty.

(13) TRADOC sets physical fitness standards for entry into Ranger, Special Forces, Airborne training, and into other schools requiring separate physical fitness standards. The ODCSOPS will review and approve these standards.

(14) Results of the APFT will be recorded on DA Form 705 (Physical Fitness Test Scorecard) which will be maintained for each servicemember. This scorecard will be kept at a central location in the unit and will accompany the individual military personnel records jacket at time of permanent change of station. Units and separate offices will have a system for monitoring performance and progress of their soldiers.

(15) Individuals will be weighed when they take record Army Physical Fitness Tests or at least every 6 months according to AR 600-9.

(16) All soldiers (AC and RC) who reached age 40 before 1 January 1989 will not be tested until medically evaluated and cleared by the CVSP. Uncleared soldiers may continue their current level of exercise during the evaluation process, including participation in unit or individual programs, but they will not be permitted to take the APFT until cleared.

(17) Soldiers (Active and Reserve) who reach age 40 on or after 1 January 1989 are required to take the APFT, unless prohibited by a medical profile. These soldiers will receive their CVSP screening in conjunction with their next periodic physical examination.

9-9. Incentives and corrective action

a. Commanders are encouraged to establish incentives and unit physical fitness objectives related to their mission essential tasks. Soldiers who score 290 or above on the APFT and meet body fat standards will be awarded the Physical Fitness Badge for physical fitness excellence according to AR 672-5-1. Commanders are encouraged to commend soldiers who score over 270 points on the APFT for outstanding performance.

b. Soldiers without medical profiles, who repeatedly fail the APFT, will be either barred from re-enlistment (AR 601-280, enlisted soldiers) or processed for separation from the service. Provisions for separation are in AR 635-100 (officers) or AR 635-200 (enlisted soldiers) and counterpart ARNG and USAR regulations. (A repetitive failure occurs when a record test is taken and failed, the soldier is provided adequate time and assistance to improve his or her performance, and failure occurs again.) See AR 635-100 for those officers who have incurred a statutory active duty service obligation because of participation in an Army sponsored educational or training program.

9-10. Safety

a. FM 21-20 provides guidance for preventing injuries during physical training. Trainers will be alert to signs and symptoms indicating that a soldier's endurance limits have been reached or exceeded, or a serious medical condition exists. These signs and symptoms may include, but are not limited to the following:

- (1) Sudden decline in ability to meet previously attained levels of performance.
- (2) Excessive shortness of breath, gasping, choking, or other difficulty in breathing.
- (3) Light-headedness, faintness, or actual loss of consciousness.
- (4) Nausea or vomiting.
- (5) Irregularities in heart beat or palpitations of the heart.
- (6) Chest discomfort, including pain, tightness, pressure, constriction, or a feeling of smothering. (Not all chest pains are symptomatic of danger. Those that increase with exercise, however, generally are.)
- (7) Cessation of perspiration; hot, dry skin; confusion; or unconsciousness.
- (8) Muscle cramps during exercise.
- (9) Poor gait, limping, and strains or sprains of feet and legs.
- (10) Muscle joint pain.

b. If a trainer detects any of the signs or symptoms in a above, exercises will be stopped and the soldier immediately referred for medical evaluation. Conditions (5) through (8) above are symptoms of cardiovascular injury, heat stroke, or severe respiratory difficulty and should be considered major medical emergencies.

c. Training intensity should be increased slowly so that the body can adapt to previous training. Care must be taken to avoid over-training which can bring on stress fractures, tendonitis, blisters, and muscle soreness. This can result in the loss of training time. Training should begin with appropriate warm-up and stretching and conclude with proper cool-down and stretching.

d. Environmental considerations, particularly weather and altitude, are essential in planning programs. Proper modification to the uniform or changes in exercise activity should be made during conditions of extreme cold or heat. Active encouragement of fluid intake is extremely important in preventing heat injuries. Fluid restrictions during intense exercise in hot conditions increases the likelihood of serious injuries. Water intake will be encouraged before, during, and after exercise. Most persons do not take enough fluids during exercise in hot or cold weather, especially the latter.

e. If a soldier fails to meet the physical fitness standards in FM 21-20, the person's unit commander will remove him or her from parachute, diving, or flight crew status. This action will be taken if in the judgement of the unit commander such action is necessary to ensure the safety of that soldier or other unit members.

9-11. Sports-related programs

a. The Army Sports Program should supplement physical fitness programs. Many sports can be used to promote unit esprit de corps, develop a competitive spirit, increase motivation for fitness development, improve physical fitness, and add variety to the unit programs. Obviously, sports such as bowling or golf may be good, relaxing activities that may relieve stress, yet they do little for soldier physical fitness. On the other hand, vigorous sports such as racket games, soccer, swimming, biking, cross-country skiing, and running actually enhance fitness. Commanders must select sports that will enhance their overall program of physical fitness. Competitive fitness activities are outlined in FM 21-20.

b. Commanders are encouraged to plan and conduct unit-level sports activities. Morale, welfare, and recreation organizations and personnel can provide assistance (AR 215-1).

c. Army physical fitness facilities (gymnasiums and swimming pools) may be used in unit training programs, to include the following:

- (1) Weight training.
- (2) Circuit training.
- (3) Hand-to-hand combat.
- (4) Swimming and drown-proofing.

d. Commanders and supervisors are encouraged to have their personnel take part in international competitive events. Participation should be used as a way to promote physical fitness at the highest level of competition. Two international competitive events related to military physical fitness are as follows:

- (1) The military pentathlon (shooting, obstacle running, grenade throwing, utility swimming, and cross-country running.)
- (2) The Inter-allied Confederation of Reserve Officers (known by French acronym CIOR) military skills competition (orienteering, obstacle swimming, shooting, obstacle running, grenade throwing, map reading, and distance estimating).

9-12. Uniforms

a. When conducting physical fitness training in unit formations, the commander will prescribe a uniform proper to weather conditions and the type of activity. This can include appropriate components of the athletic ensemble (CTA 50-900) when issued, or it can also include battle or fatigue dress trousers with undershirt or utility shirt. Female soldiers will not be required to wear the undershirt as an outer garment nor will they be required to remove the utility shirt for physical training (AR 670-1). The commander may authorize the wear of individually purchased athletic clothing for unit sports activities or for physical training.

b. Testing standards are designed for soldiers wearing running shoes. Accordingly, running shoes will be worn for physical fitness testing unless individual soldiers elect to wear combat boots.

c. Commanders should advise soldiers on how to select suitable athletic or running shoes. However, they will not require the purchase of a particular color, brand, or style.

d. The preferred shoe for running is the running shoe. However, since soldiers wear boots in combat, some physical training in boots, to include limited running and rapid road marching, may be appropriate. While running in boots may be uncomfortable, there is no definitive research available that shows fitted, comfortable, and well broken-in boots cause injury. Activities conducted in combat boots should progressively increase in duration allowing soldiers to adapt to performing in boots. In combat, soldiers may have to run or force-march over rough terrain. Training in boots will prepare them for those conditions. This guidance is not intended to have the combat boot replace the running shoe for physical training; but it is meant to let soldiers and commanders know the soldier's primary footwear is suitable for limited, periodic physical exercise, as long as the boot fits and is well broken-in. Commanders must consider the experience of their soldiers and their unit missions, when deciding on the footwear for various types of fitness training.